

Recipes and Tips



Mediterranean Oat Bake

Servings 4 – 6

150 g porridge oats
150 g feta cheese diced or crumbled
1 medium red onion finely chopped
1 medium courgette grated then squeezed dry
1 jarred roasted pepper (or ½ red, ½ yellow) deseeded, roughly chopped
40 g sun-dried tomatoes roughly chopped
30 g black olives roughly chopped
30 g chopped nuts e.g. almond, cashew, hazelnut
2 tbsp mixed seeds large ones e.g. pumpkin are best chopped
1 heaped tbsp finely chopped herbs e.g. parsley, basil, chives
1½ tsp mixed dried herbs e.g. Italian seasoning or *Herbes de Provence*
1 tsp garlic granules or 1 finely chopped clove of garlic
1 tsp salt
½ tsp black pepper
3 large eggs beaten
50 g butter melted
a little olive oil for the top

Preheat the oven to 180°C /160°C fan /Gas 4 / 350° F.

Put a paper liner in 2lb / 900 ml capacity loaf tin or grease it with extra butter. *Alternatively, prepare a 20cm square baking tin in the same way.*

Put all the ingredients EXCEPT the eggs and butter in a large mixing bowl and stir together well.

Tip in the beaten eggs and the melted butter and stir again, making sure everything is thoroughly combined.

Transfer the mixture to the prepared tin, pressing down well with the back of a spoon and smoothing the top so it's level.

Drizzle over approximately 2 tsp of olive oil, spreading it out with the back of the spoon.

Place in the preheated oven and bake until firm, well browned on top, and a skewer comes out clean: approximately 40 minutes (a little less if made in a shallower square tin rather than loaf tin).

Leave to cool until just warm before removing from the tin or it may break.

Carefully slice and serve or leave until completely cold.

Eat warm or cold. Can be reheated in a microwave to retain the soft texture.

Store in the fridge and eat within 3 days or can be frozen.